

Pos	Name	Category	Club	Time
1	Mark Lamb	M	Keswick	00:39:35
2	Rhys Findlay-Robinson	M	Dark Peak	00:40:19
3	Max Wainwright	MU23	Dark Peak	00:41:32
4	Joe Kenny	M	Helm Hill	00:41:43
5	Tom Simpson	M	Ambleside	00:41:51
6	Ben Abdelnoor	M	Ambleside	00:41:53
7	Paul Aitken	M	Helm Hill	00:43:49
8	Tobias Barthelmes	MU23	Keswick	00:44:22
9	Peter Rigby	M	Helm Hill	00:44:35
10	Tom Pay	M	Keswick	00:44:43
11	Josh Hartley	M	Black Combe	00:45:21
12	Simon Netherway	M	Keswick	00:45:31
13	Kieran Hodgson	M40	Helm Hill	00:45:37
14	Will Ackland	M40	Helm Hill	00:46:07
15	Dave Cope	M	Howgill	00:46:17
16	Ben Kent	MU23	Helm Hill	00:46:37
17	Aidan Smith	M	Hallamshire H	00:47:04
18	Paul Reilly	M40	Helm Hill	00:47:13
19	Harry Scott	MU23	Black Combe	00:48:07
20	Harvey Lord	M	Black Combe	00:48:29
21	Sean Bolland	M40	Bowland	00:48:54
22	Steve Swarbrick	M40	Bowland	00:49:21
23	Matthew Holroyd	MU23	Settle H	00:49:56
24	Simon Mounsey	M40	Howgill	00:50:14
25	Martin Askew		Helm Hill	00:50:21
26	Rob Green		Achille Ratti	00:50:27
27	Patrick Foster			00:50:55
28	Eve Pannone	LU23	Eden Runners	00:51:19
29	Richard Milligan	MU23		00:51:37
30	Sam Allsop	M	Settle H	00:51:59
31	Martin Holroyd	M50	Settle H	00:52:09
32	Paul Knowles	M50	Ambleside	00:52:29
33	Peter Lawson	M	Howgill	00:52:42
34	Jamie Baron	M50	Helm Hill	00:52:59
35	Tom Makin	MU23	Achille Ratti	00:53:17
36	Tom Fleming			00:53:43
37	Phil Metcalf	M40	Borrowdale	00:53:53
38	Peter Charnley	M40	Bowland	00:53:55
39	Bryony Halcrow	L	Harrogate	00:54:01
40	Lucy Scott	L		00:54:09
41	Lyndon Chatting-Wallers	M		00:54:16

42	Beth Hanson	LU23	Ambleside	00:54:46
43	Tony Little	M40	Bowland	00:55:59
44	Dave Banks	M50	Kendal	00:56:37
45	David Griffin	M50	Helm Hill	00:56:44
46	Katie Wright	LU23	Ambleside	00:57:09
47	Roy Gibson	M50	Kendal	00:57:14
48	Chris Green	M40	Ambleside	00:57:16
49	John Proctor	M40	Bramley Cc	00:57:21
50	Celia Powell	L		00:57:25
51	Patrick Hanna	M	Howgill	00:57:29
52	Alistair Hanna	M	Howgill	00:57:39
53	Will Spain	M	Dark Peak	00:57:48
54	Late Entry	M		00:58:22
55	Paul Simpson	M50	Ambleside	00:58:27
56	Jo Simpson	LU23	Ambleside	00:58:49
57	Rachel Findlay-Robinson	L	Keswick	01:00:52
58	Peter Dugdale	M60	Clayton	01:01:07
59	Steve Hicks	M50	Ambleside	01:01:39
60	Marie Robson	L50	Helm Hill	01:02:15
61	Anna Murgatroyd	L		01:03:19
62	Ivan Whigham	M50	Clayton	01:04:07
63	Alice Fellbaum	L	Ambleside	01:04:36
64	Daniel Grose	M50	Ambleside	01:04:49
65	Dave Appleyard	M50	Helm Hill	01:04:57
66	Mhairi Helme	L40	Ambleside	01:04:59
67	Andrew Dugdale	M50	Clayton	01:05:53
68	David Colyan	M		01:06:01
69	Richard Campbell	M40	Rosendale	01:06:29
70	Phil Devine	M50	Kendal	01:06:34
71	Kate Ayres	L60	Ambleside	01:07:16
72	Mark Pannone	M40		01:08:29
73	Richard Briscoe	M40	Clayton	01:08:58
74	Luke Dowling	M		01:09:16
75	Nick Cason	M40	Bungay Black Dog	01:09:22
76	Andrew Firth	M60	Clayton	01:11:17
77	James Goffe	M50	Black Combe	01:12:35
78	Mark Sammon	M40	Seloc	01:13:25
79	Lindsey Harrod	L50	Helm Hill	01:13:49
80	Lucy Downham	L	Ambleside	01:18:03
81	Late Entry	M		01:18:21